

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city):** Lakes Life Care Center, Forest Lake

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**Goal:** To Support, encourage and assist women in carrying their pregnancies to term, and to assist in caring for their babies after birth of the Forest Lake and surrounding communities.

**For the period/quarter:** October 1, 2016 – December 31, 2016

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Provide guidance to all grant staff Attend required grant meetings Hire and train volunteers and staff as needed Staff assessment Other staff administrative duties		Discussed with all volunteers and staff about the importance of confidentiality. We review this yearly. Checked on all medical and teaching supplies	
<b>Outreach</b>	Advertising and publicity ventures Community education and contact activities Efforts at increasing capacity		Finished new center brochures and am planning on distributing them to all of the social service agencies in town. Working on a big advertising campaign for 2017 with a marketing expert.	
<b>Car Seat Program</b>	Activities: Provide car seat education, car seat installation and car seat distribution to	3		0

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<b>Parenting Education</b>	<p>Program name: <b>Earn While You Learn and Parent Support Group</b></p> <p>Activities: Earn While You Learn and parenting support groups:</p> <p>Some topics include: Infant care, Discipline, Happiest Baby, Finding appropriate Child Care, Insurance needs, budgeting, bonding with your child, benefits of breastfeeding</p> <p>Provide incentives for participation – diapers, wipes, formula, baby clothes &amp; equipment and maternity clothing.</p>	30	<p>Very busy quarter with several moms with new babies. Some of the topics discussed with clients this quarter included...</p> <p>“Pediatric emergencies”</p> <p>“infant massage”</p> <p>“understanding babies cries”</p> <p>“breastfeeding”</p> <p>Clients have been coming to classes with their homework and some very good questions. Teachers are reporting much confidence with these new moms.</p>	38
<b>Pregnancy Education</b>	<p>Program name: Earn While You Learn and Parent Support Group</p> <p>Activities: Earn While You Learn, parenting support classes:</p> <p>Some topics include</p> <p>Prenatal classes (as a learning activity, not prenatal medical care), Childbirth education classes, Smoking cessation, Alcohol/drug cessation, Prenatal nutrition, Your developing baby, Ultrasounds, Reducing the risk of SIDS</p>	30	<p>We had 3 clients give birth in December who then switched from the prenatal classes to the parenting classes. Some topics that were discussed with clients this quarter included...</p> <p>“getting ready for birth”</p> <p>“nutrition”</p> <p>“second trimester”</p> <p>We also did SIDS training with all of the pregnant moms before their babies came.</p>	32

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<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	3	We provide assessment on all clients we see, most of which will utilize our program services in some way. In the last quarter we have given outside referrals for: Baby Blanket, Community Helping Hand, Food Shelf, Doctor and MN Sure. We keep an updated referral list and visit social service agencies before we add them to the list.	11
<b>Provide Necessary Services Assessments Only</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	3	Most clients that come in for help are also receiving help with in our program. Through coming to classes, ultrasound, etc...we are able to provide them with the necessary services that they need and are available in our area.	1
<b>Ultrasound</b>	Activities: Limited Obstetrical Ultrasounds, client assessment, intake and counseling	12	We had 12 positive pregnancy tests last quarter and were able to get all 12 to come back for an ultrasound. Several of these clients also signed up for our Earn While You Learn Classes	12

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	0
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	1
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	3
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	3
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	3

**Challenges:** The holidays and weather have been a challenge for some of our clients. We tend to always see a dip in attendance around the holidays as families and volunteers get busy. The weather is also a factor this time of year as many of our clients are walkers and when it is cold they cannot walk to the center. Our area does not have a regular bus service that can accommodate this.

**Comments:** Here is a thank you note we received from a client this quarter, we got permission from them to share their sentiment

“The staff of Lakes Life Care, I cannot thank you enough for all of your help! You make the kids and I feel so welcome and at home! You are all God sends! Love the [REDACTED] family”